Abstract

Title: The Influence of Pelvic Clock lesson from the Feldenkrais Method® on the Proprioception and the Range of Pelvic Movement

Objectives: The aim of this diploma thesis is to investigate the influence of Feldenkrais method (FM) on the lumbar spine and pelvic movement functions. Specifically, changes in the ability of pelvis reposition, changes in stabilize pelvic movements and postural changes were tested after completing one FM lesson Pelvic Clock.

Method: It is theoretical empirical work where quantitative research with elements of controlled study was used. For the study, 30 probands aged 20 to 30 years were selected and divided into two groups. Both groups underwent a pelvic reposition test twice. The second measurement took place 40 minutes after the end of the previous measurement. At this time interval, 15 probands in the experimental group underwent an intervention in the form of the Pelvic Clock lesson of the Feldenkrais Method. The control group of 15 probands in this time period focused on physically undemanding activities, i.e. sitting, walking, etc. The following parameters were determined for all probands: accuracy of pelvic reposition, range of pelvis movement, pelvic stabilization movements, and pelvic tilt change. The results are processed into graphs and statistically evaluated.

Results: After the intervention of the Pelvic Clock lesson from FM, the probands of the experimental group showed a doubled increase in the smoothness of the pelvic stabilization movements compared to the control group ($p=0,017$). Statistically significant changes were not demonstrated in the accuracy of the reposition, the range of pelvis movement and the change in pelvic tilt.

Keywords: kinesthesia, ATM, Movement to self-awareness, Functional integration, pelvic clock, neuroplasticity, body image